

Adapted Leisure Activities

2305 Douglass Blvd #3 40205 • 502/456-8148 • metro-parks.org • aleisure@louisvilleky.gov

FALL 2015

All Adapted Leisure programs are limited in size, so please call or visit the center early to reserve your place. If you make a cancellation less than 48 hours before a program you are still responsible for class fees.

REALLY SPECIAL EVENTS

Pajama Jam Dance

Sat, September 19, 7-9 p.m.

Douglass Community Center Gym. Ages 18 and older.

FEE: \$5. Call to preregister.

Halloween Dance

Sat , October 24th, 7-9 p.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5. Call to preregister.

New Year's Eve Eve Dance

Wed, December 30, 7-9 p.m.

Douglass Community Center. Ages 18 and older.

FEE: \$5. Call to preregister.

HEALTH AND WELLNESS

Low Impact Exercise

Wed, September 2, 9, 16, 23, 30
October 7, 14, 21, 28 November
4, 11, 18, December 2, 9, 16, 23,
1-2 p.m.

Douglass Community Center.
18 and up

FREE!

BEEP Baseball

Wed, September 2, 9, 16, 23,
October 7, 14, 21, 6-7:30 p.m.

Douglass Community Center.
Ages 16 and older.

FREE! Call to preregister.

Low Impact Exercise

Thurs, September 3, 10, 17,
October 1, 8, 15, 29 November
5, 12, 19, December 3, 10, 17,
6-7 p.m.

Douglass Community Center.
18 and older

FREE!

Aqua Exercise

Thu, September 3, 10, 17, 24
October 1, 8, 15, 22, 29, Novem-
ber 5, 12, 19, December 3, 10,
17, 1-2 p.m.

Mary T. Meagher Aquatic Center,
201 Reservoir Ave. Ages 18 and
older.

FEE: \$2/week; \$28/entire session

Intermediate Archery

Thu, September 3, 10, 17, 24
October 1, 8, 15, 22, 29, Novem-
ber 5, 12, 19, December 3, 10,
17, 1-2 p.m.

Douglass Community Center
Gym. Ages 18 and older. For
those who have had a beginners
class.

FEE: \$1/class

Healthy Lifestyles

Mon, September 14, 21, 28, Oc-
tober 5, 12, 19, 26, November
2, 9, 16, 23, 30, December 7, 14,
21, 28, 1-2 p.m.

Douglass Community Center.
Ages 18 and older.

FREE!

Open Wheelchair Basketball

Mon, September 14, 21, 28, Oc-
tober 5, 12, 19, 26, November
2, 9, 16, 23, 30, December 7, 14,
21, 28, 6-7:30 p.m.

Douglass Community Center.
Ages 16 and older.

FREE!

Pickle Ball

Mon, September 14, 21, 28, Oc-
tober 5, 12, 19, 26, November
2, 9, 16, 23, 30, December 7, 14,
21, 28, 2-3 p.m.

Douglass Community Center.
Ages 18 and older.

FREE!

Stroke Support with Frazier Rehab

Wed, September 16, October
21, November 18, December
16, Noon-1:30 p.m.

Douglass Community Center.
Ages 18 and older. For individu-
als who have had a stroke, plus
their friends and families. Call for
program information.

FREE!

Square Dance Lessons

Mon, September 14, 21, 28, Oc-
tober 5, 12, 19, 26, November
2, 9, 16, 23, 30, December 7, 14,
21, 28, 6:30-8:30 p.m.

Douglass Community Center.
Ages 18 and older.

FEE: Call for fee

Goalball

Wed, November 4, 11, 18, De-
cember 2, 9, 16, 6-7:30 p.m.

Douglass Community Center.
Ages 18 and older.

FREE!

JUST FOR FUN

Wii Bowling

Thu, September 3, October
1, November 5, December 3,
6-7:30 p.m.

Douglass Community Center.
Ages 18 and older.

FREE!

Bowling Friday

Fri, September 4, 11, 18, 25 Oc-
tober 2, 9, 16, 23, 30, November
6, 13, 20, 10 a.m.-Noon

Fern Bowl, 5518 Bardstown
Road. Ages 18 and older.

FEE: \$6/week; \$66/entire session



LOUISVILLE



ON FACEBOOK:
Louisville Metro Parks Adapted Leisure

CENTER HOURS

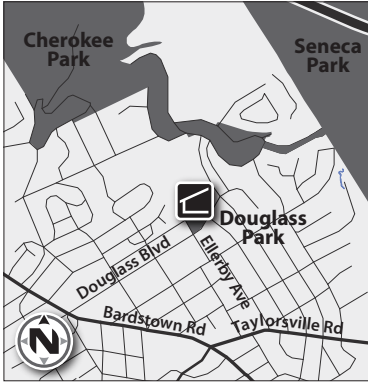
Monday: 8:30 a.m.-9 p.m. •
Tuesday-Friday: 8:30 a.m.-5 p.m.

CENTER STAFF

Manager: BJ Levis • Brent Priddy,
Diane Harrod, Wayne Kuchenbrod,
Steven Kuchenbrod, Mike Herbst

CENTER AMENITIES

Game Room • Gymnasium • Outdoor
Court • Rental Space • Weight Room



METRO PARKS
AND RECREATION

Adapted Leisure Activities

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FALL 2015

Original Fun and Games

Tue, September 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29, 1:30-2:30 p.m.

Douglass Community Center.
Ages 18 and older. Call for program information.

FEE: \$1/week; \$15/entire session

Card Club

Mon, September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 28, 10:30 a.m.-Noon

Douglass Community Center
18 and up

FREE!

Men’s Club

Thu, September 17, October 15, November 19, December 17, 6-7:30 p.m.

Douglass Community Center.
Ages 18 and older. Call for program information.

FREE!

Girl Talk

Thu, September 17, 6-7:30 p.m.
Movie Night.

Thu, October 15, 6-7:30 p.m.
Meet at a Restaurant.

Thu, November 19, 6-7:30 p.m.
Thanksgiving Celebration.

Thu, December 17, 6-7:30 p.m.
Christmas Cookies.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

LEARNING AND SPECIAL INTEREST

Coffee Talk Book Club

Tue, September 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29, 1-2:30 p.m.

Douglass Community Center.
Ages 18 and older. Call for program information.

FEE: Cost of the book

Best Book Club

Thu, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, December 3, 10, 17, 3-4:30

Douglass Community Center.
Ages 18 and older. Call for program information.

FREE!

Cards Connect

Fri, September 25, October 16, November 13, December 11, 6- 8 p.m.

Douglass Community Center.
Ages 18 and older. Call for program information.

FEE: Call for fee

Vision Now

Tue, September 8, 15, October 13, 20, November 10, 17, 6- 7:30 p.m.

Douglass Community Center.
Ages 18 and older. Call for program information.

FEE: \$1

ARTS & CRAFTS

Color Me Socks

Tue, September 8, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Mosaic Coasters

Tues, September 15, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Wood Leaf Craft

Tue, September 22, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Sand Art Necklaces

Tue, September 29, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Halloween Ceramics

Tue, October 6, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Fish Banks

Tue, October 13, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Nature Journal Craft Kit

Tue, October 20, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Halloween Pony Bead Bracelets

Tue, October 27, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Mod Podgy Coasters

Tues November 3, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Sports Wreaths

Tue, November 10, 10:30-11:30 a.m.

Douglass Community Center.
Ages 8 and older.

FEE: \$5/person

Color Me Cupcakes

Tue, November 17, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Foam Turkey

Tue, November 24, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Holiday Crafts

Tue, December 1, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Holiday Ornament

Tue, December 8, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person

Holiday Cookie Decorating

Tue, December 15, 10:30-11:30 a.m.

Douglass Community Center.
Ages 18 and older.

FEE: \$5/person